

## Summer's Best Black & Blue Pie

|                           |                        |
|---------------------------|------------------------|
| Pastry for 2-crust 9" pie | 3 T. cornstarch        |
| 3 c. fresh blueberries    | 1 t. grated lemon zest |
| 2 c. fresh blackberries   | 1 egg white            |
| 3/4 to 1 c. sugar         | 1/4 c. heavy cream     |

Preheat oven to 425 degrees and line a 9" pie plate with pastry. In large bowl combine berries with sugar, cornstarch and lemon zest. Toss gently. Spoon filling into pie shell. Beat egg white with 1 t. water and dampen edge of pastry rim with egg wash. Covet with top pastry and cut an 8" "X" in the center. Fold back the points from center and seal triangle points to pastry with egg wash to create a square in the center of the pie. Crimp edges. Bake 15 minutes at 425 degrees. Lower oven to 350 degrees and cover pie with foil. Bake 30 minutes. Remove pie from oven. Carefully spoon cream into center. Return pie to oven and bake 15 minutes more. Cool completely. Serve with whipped cream or vanilla ice cream. Serves 6-8.

## Blueberry Cornmeal Pancakes

|                    |                        |
|--------------------|------------------------|
| 1 c. flour         | 3 T. vegetable oil     |
| 1 c. cornmeal      | 1 beaten egg           |
| 1/2 t. salt        | 1 1/2 c. orange juice  |
| 2 T. baking powder | 1 c. fresh blueberries |
| 3 T. sugar         | Blueberry Syrup        |

In a medium bowl, mix together flour, cornmeal, salt, baking powder and sugar. Add oil, egg and juice. Mix well. Fold in blueberries. Heat a lightly greased medium-size griddle to medium high. Pour batter onto griddle using approximately 1/4 c. for each pancake. Cook until bubbles appear. Flip pancakes over and cook until done. Serve with hot blueberry syrup. Serves 6-8.

## Fresh Blueberry Coffee Cake

|                         |                       |
|-------------------------|-----------------------|
| 1 1/4 c. blueberries    | 1/2 t. salt           |
| 1/3 c. sugar            | 8 oz. sour cream      |
| 2 T. cornstarch         | 3/4 t. almond extract |
| 1/2 c. butter, softened | 1/2 c. chopped pecans |
| 1 c. sugar              | <b>Glaze:</b>         |
| 2 eggs                  | 3/4 c. powdered sugar |
| 2 c. all-purpose flour  | 1 T. warm water       |
| 1 t. baking powder      | 1/2 t. almond extract |
| 1 t. baking soda        |                       |

Combine berries, 1/3 c. sugar and cornstarch in a small saucepan. Cook over medium heat 2-3 minutes or until sauce is thickened, stirring constantly. Set aside. Cream butter. Gradually add 1 c. sugar, beating with mixer. Add eggs, one at a time, beating after each. Combine flour, baking powder, soda and salt. Add to creamed mixture alternately with sour cream, beginning and ending with flour. Stir in almond extract. Spoon half of batter into a greased 10" bundt or tube pan. Spoon in half of blueberry sauce, swirling through batter with a knife. Repeat with remaining batter and blueberry sauce. Sprinkle with pecans. Bake at 350 degrees for 50 minutes or until done. Let stand 5 minutes before removing from pan. Invert onto serving plate and make glaze. Combine all glaze ingredients, stirring well. Drizzle over coffee cake.

## Blueberry Blender Nog

|                  |                    |
|------------------|--------------------|
| 3/4 c. cold milk | 1/4 c. blueberries |
| 1 T. honey       |                    |

Us fresh or dry-pack frozen blueberries. Blend all ingredients in and electric blender. Serve ice cold. Makes 1 8-oz. drink.

## Blueberry Slump

|                        |                        |
|------------------------|------------------------|
| 3 c. fresh blueberries | 6-8 slices white bread |
| 1/2 c. raspberry jam   | Softened butter        |
| 1/2 c. water           | Cinnamon               |
| 1 T. lemon juice       | 1/2 c. sugar           |

Combine the blueberries, sugar, jam, water and lemon juice. Bring to a boil and simmer gently for 10 minutes. Remove crusts from bread, butter generously and cut into cubes. Layer half of the bread cubes in a shallow serving dish. Sprinkle lightly with cinnamon. Pour half of the fruit mixture over the bread cubes. Repeat layers. Let cool and refrigerate until serving time. Serve with light cream. Serves 6.



**Blueberry Producers of Louisiana**  
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*For a complete listing of Louisiana Blueberry Producers and additional recipes contact:*  
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**Baton Rouge, LA 70821-3332**  
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# Louisiana Blueberries The Pick of the Crop!

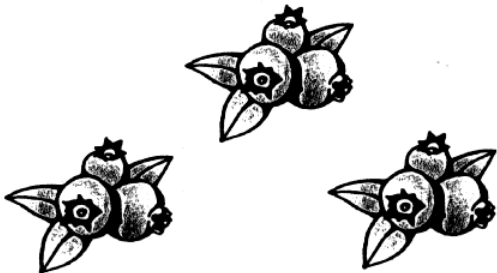


# Louisiana's Blueberry Industry

Blueberries are one of the newest fruit crops for Louisiana. The Rabbiteye and Southern Highbush blueberries are the species which can be successfully grown in Louisiana. Breeding programs throughout the Southeast have developed several highly productive varieties which produce large, juicy, aromatic berries with flavor comparable to that of berries grown in the traditional blueberry sections of the United States.

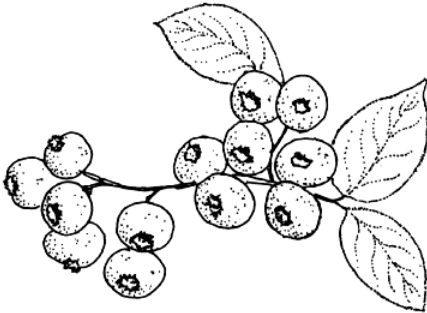
Some varieties of Louisiana blueberries begin ripening the first week of June, some 30 days earlier in Louisiana than any of their "cousins" in the northern blueberry producing states. Others continue ripening through the summer. Three or more pickings of each variety at weekly intervals are generally required to harvest the crop.

To supplement the retail availability of Louisiana berries, the pick-your own blueberry patch has become very popular. Pick-your own methods mean more profit for the grower because they reduce labor and transportation costs. They also provide an opportunity for a family outing with an economical source of high quality produce. Many families enjoy seeing how food is grown, taking part in harvesting, and returning home with enough fruit to enjoy immediately and to freeze or can for later use.



# Selection

It is important to be familiar with the ripening characteristics of blueberries, especially if you pick your own. Some varieties may have fruit that is highly colored, but it still may not be at peak maturity. Blueberries continue to increase in size and improve in flavor for several days after they turn blue. It will take 3-6 days for them to become fully ripe after turning blue. Unripe berries will turn blue after harvest, however, the sugar content and size are noticeably less than when berries completely ripen on the bush.



# Nutrition

Blueberries are one of nature's most healthy and convenient snacks! They require no peeling, pitting or coring. Simply wash and enjoy them just as they are. Blueberries are an excellent source of vitamin A and a good source of iron, niacin and other trace minerals, and blueberries are rated very high as a source of dietary fiber and food energy. Delicious and good for you, blueberries contain only 90 calories per 1 cup serving. Blueberries are also lower in calories and carbohydrates than other berries, making them an excellent fruit choice for diabetics.

# Handling and Storing

- ❖ Keep blueberries refrigerated until ready to use. Berries left at room temperature will soften rapidly and spoil.
- ❖ Do not wash berries until ready to use. Wet berries become moldy.
- ❖ Blueberries can be kept as long as 10 days to 2 weeks if refrigerated.
- ❖ When ready to use, clean the berries by placing them in a colander or strainer and rinsing with a gentle spray of cool water.
- ❖ Your berries are ready to enjoy!

# Freezing

When freezing Louisiana blueberries, do not wash them. This will be done after the berries are thawed for recipe preparation. If freezer packs are not available in your area, pint containers of fresh blueberries can be frozen by simply covering them on all sides with plastic wrap and placing them in the freezer until ready to use. Bulk blueberries can be put into plastic freezer bags or milk containers, sealed tightly and frozen dry. The reason for not washing the berries before freezing is that wet berries freeze together in a solid mass and become mush when thawed. Dry berries freeze individually and pour out like marbles. Frozen blueberries kept at 0 degrees F will retain their taste quality for 2 years and longer if properly packaged.



# Blueberry Peach Cobbler

| Filling:               | Topping:                   |
|------------------------|----------------------------|
| 1/4 c. sugar           | 1 c. flour                 |
| 1/4 c. brown sugar     | 1/2 c. sugar               |
| 1 T. cornstarch        | 1 1/2 t. baking powder     |
| 1/2 c. water           | 2 T. sugar + 1/4 t. nutmeg |
| 1 T. lemon juice       | 1/2 c. milk                |
| 1 c. fresh blueberries | 1/4 c. softened butter     |
| 1 c. sliced peaches    | 1/2 t. salt                |

**For filling:** Mix sugars and cornstarch. Stir in water and cook until thick, stirring constantly. Remove from heat, add lemon juice and fruit. Turn into a greased 2-quart baking dish. **For topping:** In a mixing bowl, sift together dry ingredients. Add milk and butter. Beat until smooth. Spoon over fruit and sprinkle with sugar/nutmeg mixture. Bake at 375 degrees for 45 minutes.

# Blueberry Orange Muffins

|                        |                         |
|------------------------|-------------------------|
| 3 c. all-purpose flour | 2 eggs                  |
| 4 t. baking powder     | 3/4 c. milk             |
| 1/4 t. baking soda     | 1/2 c. butter, melted   |
| 3/4 c. sugar           | 1 T. grated orange peel |
| 1 1/2 t. salt          | 1/2 c. orange juice     |
| 2 c. fresh blueberries | 1 1/2 T. lemon juice    |

Preheat oven to 425 degrees. Sift flour, baking powder, soda, sugar and salt. Add blueberries and toss until coated. In another bowl, mix remaining ingredients. Pour liquid mixture into dry ingredients and stir. Fill greased muffin tins 2/3 full. Bake for 20 minutes. Variation: pour batter into a 9" x 5" loaf pan and bake in a preheated 350 degree oven for 70 minutes. Makes 24 muffins or 1 loaf.